

Center Hours:  
9:00-1:00 pm Monday-Friday  
Center Manager:  
Pam Lander Ph: 441-7990

## Belmont ActivAge Senior Center

1234 Judson  
LINCOLN, NE 68521

**DECEMBER 2004**

**ACTIVAGE SENIOR CENTERS**  
1001 O Street, Suite 101  
Lincoln, NE 68508  
Ph: 441-7158

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Seasons Greetings &amp; Happy Holidays!</b>		<b>1</b> 10:00 Coffee, Cards & Skip Bo 11:30 Person, Place or Thing? 11:45 Lunch: Sloppy Joe	<b>2</b> 10:00 Coffee, Cards & Skip Bo 11:45 Lunch: Chicken Cordon Bleu 12:15 December Birthday Party	<b>3</b> 10:00 Coffee, Cards & Skip Bo 11:30 Bingo- Please Bring a Prize 12:00 Lunch: Meatball Stew
<b>6</b> 10:00 Coffee, Cards & Skip Bo 11:30 Let's Get Moving! 12:00 Lunch: Grilled Chicken Patty	<b>7</b> 10:00 Coffee, Cards & Skip Bo 11:30 Lunch: Winter Holiday Meal 12:30 Shopping Assistance	<b>8</b> 10:00 Coffee, Cards & Skip Bo 11:30 Toyland Jumble 11:45 Lunch: Hamburger Patty	<b>9</b> 10:00 Coffee, Cards & Skip Bo SCC Nursing Students with Blood Pressure Screenings and Program 12:00 Lunch: Pork Tenderloin	<b>10</b> 10:00 Coffee, Cards & Skip Bo 11:30 Bingo- Please Bring a Prize 12:00 Lunch: Grilled Chicken Patty
<b>13</b> 10:00 Coffee, Cards & Skip Bo 11:30 Let's Get Moving! 11:45 Lunch: Baked Fish	<b>14</b> 10:00 Coffee, Cards & Skip Bo 11:30 How to survive the Holidays, Classic Toys and story of "Silent Night." 12:00 Lunch: Shredded Beef in Gravy	<b>15</b> 10:00 Coffee, Cards & Skip Bo 11:30 Alternative Holiday Eating Tips, "Just for Fun" 12:00 Lunch: Lasagna	<b>16</b> 10:00 Coffee, Cards & Skip Bo 11:30 Stress Information 12:00 Lunch: Salisbury Steak	<b>17</b> 10:00 Coffee, Cards & Skip Bo 11:30 Bingo - Please Bring a Prize 12:00 Lunch: Hamburger Patty   Happy Birthday Betsy Sifuentez

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>20</b> 10:00 Coffee, Cards & Skip Bo 11:30 Let's Get Moving! 12:00 Lunch: Pork Roast & Gravy	<b>21</b> 10:00 Coffee, Cards & Skip Bo 11:45 Lunch: Chicken Breast with Tomato Basil Sauce 12:30 Shopping Assistance  <div>Happy Birthday Josephine Henderson</div>	<b>22</b> 10:00 Coffee, Cards & Skip Bo 11:30 Brain Aerobics 12:00 Lunch: Beef Sausage Gravy	<b>23</b> 10:00 Coffee, Cards & Skip Bo 11:30 Bingo, Please Bring a Prize 12:00 Lunch: Turkey Ham	<b>24</b> <div>Center Closed Winter Holiday</div>
<b>27</b> 10:00 Coffee, Cards & Skip Bo 11:30 Let's Get Moving! 12:00 Lunch: Oven Fried Chicken	<b>28</b> 10:00 Coffee, Cards & Skip Bo 11:30 Brain Aerobics 12:00 Lunch: Swiss Steak	<b>29</b> 10:00 Coffee, Cards & Skip Bo 11:30 Bulletin Board Trivia & Trivia Plus 12:00 Lunch: Ham Loaf	<b>30</b> 10:00 Coffee, Cards & Skip Bo 11:30 Bingo, Please Bring a Prize 12:00 Lunch: Chili	<b>31</b> <div>Center Closed New Year's Eve</div>

**ActivAge PEAK Events, call 441-7158 for more information/reservations**

12/4 - Pete Penguin's Holiday Picnic, Downtown Center, 8am-1pm, cost for food items and photos with Santa, 441-7506.  
 12/4 - Lincoln Symphony Orchestra: Holiday POPS - "A Christmas Card from Stage & Screen," KRH, 7:30pm, \$12, 441-7158.  
 12/6,7,8,9,10 - Winter Holiday Meals at the Centers. Suggested contribution. Call your center or 441-7158.  
 12/8 - Trip to Concordia College in Seward, First United Center, 441-7152.  
 12/9 - Catch the Spirit of Christmas Exclusive Tour. 441-7158 (van)  
 12/10 - Gaither Homecoming Concert Tour. 441-7158. (van)  
 12/10 - Holiday Lights Tour, Downtown Center, 5pm, \$8 or \$12, 441-7506.  
 12/12 - "Annie!" LCP, 2pm, \$12, 441-7158.  
 12/16 - "Annie!" LCP, 7pm, \$12, 441-7158 (van).

**2005**

1/13 - Baby Needs Shoes, Dinner and a Show, Northeast Center, 441-7151.  
 1/15 - Odetta and Richie Havens, Lied, 7:30pm, \$14, 441-7158.  
 1/27 - Dinner and a Show, Downtown Center, 441-7506.  
 1/29 - St. Petersburg State Ballet, Lied, 7:30pm, \$17, 4 41-7158.  
 4/4 - "The Main Street Opry." Lied, 2pm, \$22, 441-7158.

**Weather Closing Information**

During times of severe weather, listen to KFOR (1240 am) for storm closing information. ActivAge programs usually close if the public schools close due to weather conditions. This includes: ActivAge Senior Centers; classes through the GOAL, Lifetime Health, and PEAK programs; and transportation services.